OPERATIONAL STRESS

COMMANDER ACTIONS

Signs of Operational Stress

Shakiness/trembling	Headaches	Upset Stomach
Fatigue	Insomnia	Anger
Anxiety, fear	Alcohol abuse	Loss of confidence
Exhaustion	Confusion	Apathy
Panic	Memory Loss	Social Isolation
Freezing	Misconduct	Hallucinations

What To Do?

- Help new Marines & Sailors fit in and assign buddies
- Train to develop mutual reliance and trust
- Prevent intimidation of young marines an
- Impart pride and lead by example and insp
- Encourage unit-centered social events
- Know each service member's personal background
- Ensure all personnel know about operational stress prevention
- Ensure triage of operational stress causalities to appropriate level of

  care and reintegration of returning recovered casualties back to unit
- Conduct realistic and tough training
- Plan and use regular stress debriefings before and after mission completion
- Pass on mission essential information and control rumors
- Promote physical fitness and practice good sleep habits